

# CENTENNIAL RECREATION SENIOR CENTER

The Centennial Recreation Senior Center provides comprehensive services, fitness programs, educational classes and enrichment programs to individuals in the Morgan Hill, San Martin and Gilroy communities who are 50 years and older.

171 W. Edmundson Avenue, Morgan Hill, CA 95037  
(408) 782-1284

## Hours of Operation

Monday - Friday 8:00am-3:00pm

*"A Place where  
Older Adults Thrive  
as Members of an Aging  
Friendly Community"*

## Morgan Hill Senior Café

The Morgan Hill Senior Café offers delicious weekday lunches to seniors. Seniors who are 60+ are requested to pay a \$2.50 donation. Individuals who are under 60 pay \$5.00. Lunches are served at noon Monday through Friday. Reservations must be made by 11:30a.m.

**Location:** Centennial Recreation Senior Center, Multipurpose Room

## The Daily Grind

Start the morning right with a cup of coffee and pastries in our comfortable lobby. Sip your coffee, read the newspaper, watch TV, play cards, or just relax and chat.

**Location:** Centennial Recreation Senior Center, Lobby

Date	Day	Time	Age
Ongoing	M-F	8:00am-3:00pm	50+
Drop-in: Free			

## Arts, Crafts and More

### YOU CAN DRAW!

So you think you can't draw? Do you think you're too old to learn? Come to this fun and relaxed drawing class and discover your hidden talents!

**Instructor:** Karen Hegglin

**Location:** Centennial Recreation Senior Center, Activity Room 2

Activity #	Date	Day	Time	Age	Sessions
3100.101	1/6-2/10	W	10:00am-12:00pm	50+	6
3100.102	2/17-3/31	W	10:00am-12:00pm	50+	6
3100.103	4/14-5/19	W	10:00am-12:00pm	50+	6

Resident: \$45/CRC Member \$40

Non Resident: \$50/CRC Member \$45

Register at the Centennial Recreation Senior Center

### WATERCOLOR

OFFERED BY GAVILAN COLLEGE

Learn basic use of color and techniques of water color in this fun and relaxed class.

**Instructor:** Rupa Gupta

**Location:** Centennial Recreation Senior Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	TH	1:00pm-4:00pm	50+

Free/\$30 Material fee optional

Register at the Centennial Recreation Senior Center

### SCRAPBOOKING AND CROPPING

Are your photos in boxes and needing to be organized? Join other scrapbookers and exchange ideas while creating albums that reflect your favorite memories.

**Location:** Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	T	10:00am-12:00pm	50+

Drop-in: Free

Please provide your own materials.

### PHOTOGRAPHY CLUB

Come and share your photos and learn more about photography. All levels are welcome

**Facilitator:** Susan Brazelton

**Location:** Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	1st Wed. of month	7:00pm-9:00pm	All

Drop-in: Free

### KNITTING

Now is your chance to learn how to knit! Learn the different types of stitches and how to read a pattern to create a beautiful piece of work. Already know how to knit? You can come, too! Men are welcome!

**Instructor:** Rebecca Lister

**Location:** Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	Th	10:00am-11:00am	50+

Drop-in: \$1

ADULT 50+

*Lunch at the  
Senior Center  
means nutritious  
meals and  
socialization.*



## NEEDLEWORK GROUP

Come to the Needlework Group if you enjoy any kind of needlework, including knitting, cross-stitch, or crochet. Bring your project and enjoy the company of your fellow crafters and get new ideas!

Facilitator: Carolyn Trevino

**Location:** Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	W	5:00 pm-9:00 pm	50+

Drop-in: \$2

## ROTATING ART EXHIBIT

Come walk through the halls of the Senior Center and enjoy the talents of our 50+ Adult community, as well as other talented local artists.

## RECIPE CLUB

Come and exchange some of your favorite recipes while indulging with friends in a delicious lunch representing the chosen theme of the month! We'll take turns preparing our favorite recipes and exchanging recipes at monthly meetings.

Facilitator: Betty Lewis

**Location:** Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	2nd Tuesday of month	12:00pm -2:00pm	50+

Drop-in: Free

## Educational Opportunities

### SOUTH COUNTY LIFELONG LEARNING (SCLL)

**Location:** Centennial Recreation Senior Center

Are you interested in a rich and evolving array of courses and programs at the university level for adults 40+. Engage in discussions, enjoy lectures or presentations, and consider life's questions—and answers. Courses are not graded and adults are encouraged to participate just for the joy of learning! Contact the Senior Center at 782-1284 for a list of courses.

For more educational opportunities, see "Arts, Crafts and More" and "Computer Programs".

**ADULT 50+**





*Classes for all levels of fitness.*

## Fitness

### AQUATIC FITNESS CLASSES

See page 8 for class information.

### BOCCE BALL

The Centennial Recreation Senior Center and the Morgan Hill Bowl are partnering to provide adults 50+ the opportunity to play the game of bocce! Enjoy the comforts of this beautiful indoor facility while playing the strategic game of bocce with others! Coffee is on us! You are not required to bring a partner to play.

**Location:** Morgan Hill Bowl

Activity#	Date	Day	Time	Age	Sessions
3710.101	1/5-2/23	T	10:00am-12:00pm	50+	8
3710.102	3/2-4/20	T	10:00am-12:00pm	50+	8
3710.103	4/27-6/15	T	10:00am-12:00pm	50+	8

Resident: \$48/CRC Member \$43

Non Resident: \$55/CRC Member \$50

Register at the Centennial Recreation Senior Center

### 50+ BOWLING

Take pleasure in a fun morning of bowling with others during this 8 week summer session. Includes 3 games of bowling and shoe rental. All levels of bowling experience welcome.

**Location:** Morgan Hill Bowl

Activity#	Date	Day	Time	Age	Sessions
3710.104	1/7-2/25	Th	10:00am-12:00pm	50+	8
3710.105	3/4-4/22	Th	10:00am-12:00pm	50+	8
3710.106	4/29-6/17	Th	10:00am-12:00pm	50+	8

Resident: \$48/CRC Member \$43

Non Resident: \$55/CRC Member \$50

Register at the Centennial Recreation Senior Center

### CHAIR YOGA

A gentle yoga class that focuses on breath awareness, stretching, strengthening and meditation while using the chair to either sit in or stand next to while enjoying the benefits of yoga.

Instructor: Terri Wright

**Location:** Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	T	10:30am-11:30am	50+

Resident: \$7 / CRC Member: Free

Non Resident: \$9 / CRC Member: Free

### 50+ PILATES

This is a mat-based workout, specially designed for the older adult, which will strengthen and lengthen your muscles, help improve posture, enhance stability, increase core muscle strength, and improve flexibility.

Instructor: Mary Dunn

**Location:** Centennial Recreation Center, Activity Room 1

Date	Day	Time	Age
Ongoing	T	9:15am-10:15am	50+
Ongoing	Th	2:00pm-3:00 pm	50+

Resident: \$7 / CRC Member: Free

Non Resident: \$9 / CRC Member: Free

### 50+ YOGA

A class designed for 50+ adults that focuses on stretching, breath awareness and meditation.

Instructor: Terri Wright

**Location:** Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	Th	10:15am - 11:15am	50+

Resident: \$7 / CRC Member: Free

Non Resident: \$9 / CRC Member: Free

### LOW IMPACT ARTHRITIS

This is a class geared to individuals who may suffer from arthritis problems or are overweight but want a more active exercise routine. The class will consist of an aerobic workout, weight training, and flexibility.

Instructor: Marilyn Host

**Location:** Centennial Recreation Center

Date	Day	Time	Age
Ongoing	MWF	1:00pm-2:00pm	50+

Resident: \$7 / CRC Member: Free

Non Resident: \$9 / CRC Member: Free

### 50+ GOLF

Learn one of the fastest growing sports in America...golf! During this five-week program, golf professional Scott Krause will teach golf techniques from putting to the full swing. Golf clubs will be furnished or you are welcome to bring your own.

Instructor: Scott Krause

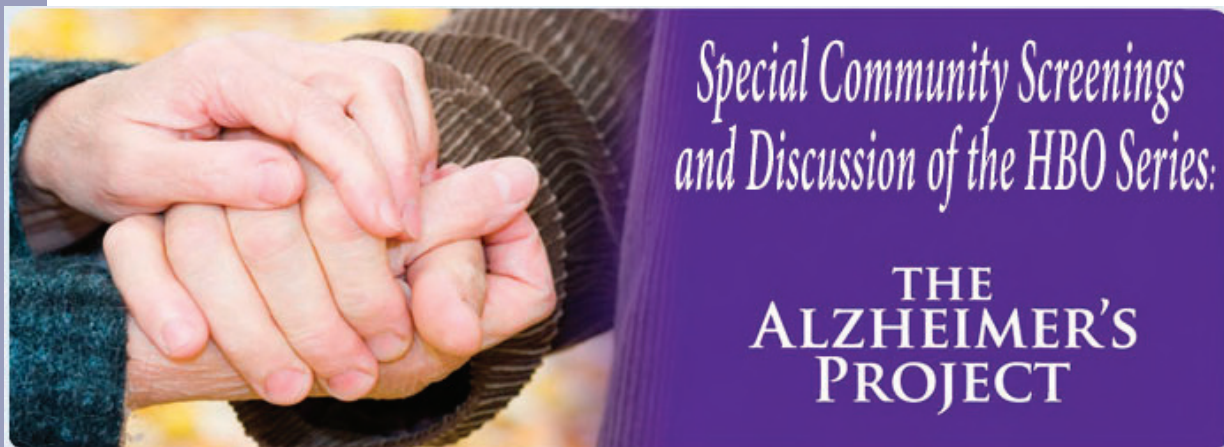
**Location:** Eagle Ridge Golf Course, Gilroy

Activity #	Date	Day	Time	Age	Sessions
3610.101	2/22-3/22	M	11:00am-12:00pm	50+	5
3610.102	4/7-5/5	W	12:00pm-1:00pm	50+	5

Resident: \$74/CRC Member \$69

Non-Resident \$84/Non-Resident CRC \$74

ADULT 50+



## SPECIAL EVENT THE ALZHEIMER'S PROJECT

Join us for a special community screening and discussion of the HBO Series, The Alzheimer's Project. This series is not only changing the way America thinks about Alzheimer's disease, but is also bringing awareness to the community about this devastating disease.

Four parts of the series will be aired at separate times and days. Following each screening, a discussion will be facilitated by various professionals from the field. The Alzheimer's Project will address the following challenges:

- Living with Alzheimer's disease.
- Coping with the disease, for families and caregivers
- Tools and techniques that you'll be able to use immediately
- Information on cutting edge research

All screenings will take place at the Centennial Recreation Senior Center, Multipurpose Room

**Cost: Free**

For more information, contact Susan Fent, Director of Senior Programs and Services at (408)782-1284

### Screening #1:

#### Caregivers

**Wednesday, January 13th • 6:00pm-8:30pm**

A collection of five family portraits that illustrate caring for those in different stages of Alzheimer's disease. Each highlights the sacrifices, struggles, and successes made by those experiencing their loved ones' descent into dementia.

### Screening #2:

#### Grandpa, Do You Know Who I Am?

*With Maria Shriver*

**Saturday, January 16th • 10:00am-11:30am**

Geared towards children and young teens coping with a grandparent's illness, this film presents vignettes that can help a child understand and deal with a relative's gradual decline into Alzheimer's.

### Screening #3 and #4

#### Momentum in Science

**Part 1 - Wednesday, January 20th • 6:00pm-7:30pm**

**Part 2- Wednesday, January 27th • 6:00pm-7:30pm**

This film details the explosion of knowledge within the scientific and medical communities, from imaging the earliest signs of Alzheimer's, to understanding the roles that genetics and lifestyle might play, to the tremendous progress being made in the effort to develop drugs to treat or eventually prevent the disease.



*This event is co-sponsored by the Centennial Recreation Senior Center, Dementia Care Coaching, HomeWell Senior Care and A Place for Mom.*

**HBO®**

**ADULT 50+**



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## BODY DYNAMICS: CHAIR TAI CHI FOR HEALTH, ARTHRITIS AND BACK PAIN

OFFERED BY GAVILAN COLLEGE

This course is designed for the 50+ adult student and teaches awareness and knowledge of physical fitness, stress management, nutrition, and health conditions that affect the body as aging occurs. Stretching and Tai Chi chair exercise are incorporated into each class meeting.

Instructor: Mary Dunn

Location: Centennial Recreation Center, Activity Room 1

Date	Day	Time	Age
Ongoing	W	10:30am-12:00pm	50+

Drop-in: Free

## TAI CHI FOR WELLNESS

OFFERED BY GAVILAN COLLEGE

This course will provide students with the opportunity to learn basic Tai Chi. Students will experience sitting exercises, warm-up exercises, standing exercises, the beginning of Kuang Ping Yang Tai Chi long form and other Tai Chi movements. The emphasis will be on movements which the students can perform on their own on a daily basis for improved health and well-being.

Instructor: Mary Dunn

Location: Community and Cultural Center, Mira Monte Room

Date	Day	Time	Age
Ongoing	Th	6:30pm-8:00pm	50+

Drop-in: Free

## SENIOR AEROBICS

OFFERED BY GAVILAN COLLEGE

Improve your strength, flexibility, and cardio vascular system with this fun non-impact exercise program.

Instructor: Barbara Mendonca

Location: Centennial Recreation Senior Center, Gymnasium

Date	Day	Time	Age
Ongoing	T/Th	Class 1: 10:00am-11:00am Class 2: 11:00am-12:00pm	50+

Drop-in: Free

## WII BOWLING

Calling all bowlers (and wannabe bowlers)! This video game is so realistic you'll think you're at the bowling alley. Come and enjoy an afternoon of bowling with our large screen and great sound system. It's easy to learn and no prior experience is necessary. Your grandkids will be very impressed!

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	W	12:45pm-3:30pm	50+

Drop-in: Free

ADULT 50+



## Cards and Games

### BRIDGE

Drop in Bridge

**Location:** Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	M/F	1:00pm-3:00pm	50+

Drop-in: Free

### DUPLICATE BRIDGE

Join our large group of bridge players who pair up with a partner to play the challenging game of duplicate bridge.

Facilitator: Winston Stone

**Location:** Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	M	6:30pm-10:00pm	All
Ongoing	Every 3rd Sunday	12:00pm-4:00pm	All

Drop-in: \$5

### BILLIARDS/PING-PONG

Interested in picking up a game of eight or nine ball or catching a quick game of ping-pong? Billiard and ping-pong tables available for open play during Senior Center hours.

Date	Day	Time	Age
Ongoing	M-F	8:00am-3:00pm	50+

### 500 CARD GAME

Drop in for a fun game of one of America's oldest card games. No experience necessary. Just come, learn a new card game and have a great time!

**Location:** Centennial Recreation Senior Center, Senior Center Lobby

Date	Day	Time	Age
Ongoing	M-F	10:30am-12pm	50+

Free

### BINGO

Come and meet new people while enjoying the fun game of BINGO!

**Location:** Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	M/W	10:30am-11am	50+

Free

### SCRABBLE

Boost your brain power with the challenging and fun game of Scrabble!

Facilitator: Elaine Reimer

**Location:** Centennial Recreation Senior Center

Date	Day	Time	Age
Ongoing	Th	10:00am-12:00pm	50+

Drop-in: Free

## Dancing

### LINE DANCING

Have you always wanted to learn to Line Dance, but felt intimidated by the large class of those who seemed to already know what they were doing? If so, this is the class for you! Beginner and experienced dancers welcome!

Instructors: Gladys Aichles and Adrian Drew

**Location:** Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	T	1:00pm-3:00pm	50+

Drop-In: Free

### MUSIC AND DANCING

Bring your dancing shoes and spend your morning dancing to your favorite songs!

Facilitator: Fred Schulze

**Location:** Centennial Recreation Senior Center, Senior Café

Date	Day	Time	Age
Ongoing	1st and 3rd Friday of each month	11:00am-12:00pm	50+

Drop-In: Free

## Singing, Music and Entertainment

### SING-A-LONG

Love to sing? Come and sing with us as we bring out the old favorites.

Facilitated by Denise Melroy

**Location:** Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	Th	11:00am-12:00pm	50+

Drop-In: Free

### MOVIE MATINEE

Spend a relaxing afternoon watching movies on a large movie screen. We'll even provide the popcorn and soda!

**Location:** Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	1st and 3rd Monday of each month	1:00pm-3:00pm	50+

Drop-In: Free

## Travel Programs

### EXTENDED TRIPS

**Spectacular South Africa:** 10/21/2010-11/2/2010

(Optional 3-night Victoria Falls post tour extension.)

Discover culture and nature in harmony by exploring part of this amazing continent.

Contact the Senior Center for Travel Brochure and Pricing

## Computer Programs

### 50+ ADULT PUBLIC COMPUTERS

The Centennial Recreation Center provides a quiet room with access to state of the art computers and internet access. Membership is not required.

**Location:** Centennial Recreation Senior Center, Computer Room

Specified 50+ Adult Only Designated Hours:

Date	Day	Time	Age
Ongoing	M-F	8:00am-3:00pm	50+

### INTRODUCTION TO DIGITAL PHOTOGRAPHY

A basic course designed to introduce you to the fundamentals of working with digital photography. Topics include selecting and using a digital camera; how to transfer photos from the camera to the computer; storing, organizing and viewing photos on the computer; simple picture editing; sharing photos by various media, including prints, slide shows and websites.

Instructor: Bill Frazer

**Location:** Centennial Recreation Senior Center, Computer Room

Activity#	Date	Day	Time	Age	Sessions
3510.101	1/14-2/18	Th	1:00pm-3:00pm	50+	6
3510.102	5/6-6/10	Th	1:00pm-3:00pm	50+	6

Fee: Resident: \$30/CRC Member: \$25

Non-Resident: \$35/CRC Member: \$30

### COMPUTER CO-PILOTS

Come and learn basic computer skills in our state of the art computer center. You don't need any computer skills, just a desire to learn and have fun! Topics include, but are not limited to: beginner computer introduction, keyboarding, learning to use the computer mouse, using the internet, emailing, information filing, the basics of Microsoft Word, the basics of Microsoft Excel and creating mailing labels.

Instructors: Leigh Donaldson and the Co-Pilot Volunteers

**Location:** Centennial Recreation Senior Center, Computer Room

Date	Day	Time	Age
Ongoing	W	12:00pm-3:00pm	50+

Drop-in: Free



## LEARN TO USE YOUR LAPTOP

Never used a laptop computer before or do you have a new laptop, but you're not sure how to use it to its full potential? Let our knowledgeable laptop computer volunteers help to get you started.

Instructor: Tony Razouk and the Computer Co-Pilot Volunteers

**Location:** Centennial Recreation Senior Center, Computer Room

Date	Day	Time	Age
Ongoing	W	12:00pm-3:00pm	50+

Drop-in: Free

## Special Services & Interests

### AARP TAX PREPARATION

Need help fillout out your tax teturns? AARP volunteers who are cetified by the IRS will assist with tax consultation and trutrn. Appointements are mode only during the tax season, February thorough April.

**Location:** Centennial Recreation Senior Center

Date	Day	Time	Age
February 1st-April 12th	Mondays	9:00am-11:00am	50+

Free

**Advanced appointment is required. Please contact the Senior Center to schedule appointment.**

### DEMENTIA CAREGIVER SUPPORT GROUP

This group will provide a safe place for family members and friends of dementia patients to share feelings, concerns and information. This group is where you will find support and learn how other people cope with the symptoms and life changes caused by dementia, Alzheimer's disease and other related disorders.

Instructor: Tiffany Mikles, Dementia Care Coach

**Location:** Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	1st Friday of the Month	2:00pm-3:30pm	All
Ongoing	3rd Tuesday of the Month	6:00pm-7:30pm	All

Drop-In: Free

### HEALTH INSURANCE COUNSELING

Counselors will assist seniors and their families understand and evaluate the confusing array of insurance options. Counselors assist seniors with comparison charts, insurance plan benefits, cost and limitations, claim or benefit denials and other billing problems. The Council on Aging is not affiliated with any insurance company and offers unbiased information solely to aid seniors in making informed decisions about coverage.

**Location:** Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	2nd & 4th Friday of the month	9:00am-12:00pm	60+

Advance appointment required  
Free

## HAIRCUTS FOR SENIORS

Enjoy being pampered by professional hair stylists and walk away with a fresh new haircut! Cherisse's Hair Salon, voted best hair salon in Morgan Hill, believes in giving back to the community and giving our seniors the latest and greatest in style techniques!

Facilitator: Cherisse White and the stylists at Cherisse's Hair Salon

**Location:** Centennial Recreation Senior Center, Teen Center

Date	Day	Time	Age
1/19, 3/16, 5/18	T	9:30-11:30am	60+

Must schedule appointment in advance. Dry cuts only.  
\$5 fee is donated directly back to the Senior Center.

## SENIOR ADULT LEGAL ASSISTANCE

Free legal assistance for Santa Clara County residents 60+ with problems pertaining to Social Security, Medicare, Medi-Cal, mobile homes, elder abuse and housing. Spanish speaking assistance available.

**Location:** Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	2nd Wednesday of every other month	1:00pm-3:30pm	50+
Ongoing	3rd Thursday of every other month	1:00pm-3:30pm	50+

Advance appointment required  
Free

## BLOOD GLUCOSE AND CHOLESTEROL SCREENING

Facilitated by Sister Rachela of St. Louise Hospital

**Location:** Centennial Recreation Senior Center

Date	Day	Time	Age
Ongoing	3rd Thursday of each month	10:15am-11:00am	60+

Drop-In: Free

## BLOOD PRESSURE SCREENING

Facilitated by Donna Bell of Catholic Charities, Daybreak Respite Care Services

**Location:** Centennial Recreation Senior Center

Date	Day	Time	Age
Ongoing	3rd Friday of each month	9:00am-11:00am	50+

Drop-In: Free

## COFFEE WITH THE MAYOR

You are invited to join Mayor Steve Tate for coffee and casual conversation. Have a question or thought that you would like to share with the Mayor? Come chat with him over a cup of coffee.

**Location:** Centennial Recreation Senior Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	1st Friday of each month	11:00am-noon	50+

Drop-In: Free

## AARP SAFE DRIVING PROGRAM

Take this 8-hour classroom refresher program that is specifically designed for drivers over the age of 50. Upon completion of the course, participants receive a certificate to be used for discount automobile rates.

Facilitator: Camille Bounds

**Location:** Centennial Recreation Senior Center, Multipurpose Room

Contact (408) 776-1413, between the hours of 1:00 pm and 6:00 pm only or the Senior Center at (408) 782-1284 .

Advance Registration Required.

Class is free. \$10 optional for course completion certificate

## OUTREACH TRANSPORTATION

Provides transportation services to seniors 7 days per week. For those who wish to use Outreach to attend the Morgan Hill Senior Café, transportation is provided at no cost. Contact the Senior Center at 782-1284 to obtain an application.

## INFORMATION AND REFERRAL

The Centennial Recreation Senior Center maintains a resource directory of services available to seniors in the South County and Santa Clara County. For information regarding senior related services, contact the Senior Center at 782-1284.

## SENIOR CENTER WITHOUT WALLS

Group activities and classes for seniors who are unable to go to the Senior Center. Activities and classes are conducted by toll free telephone conference calls.

Contact the Senior Center for more information at 782-1284.

## DISASTER REGISTRY FOR VULNERABLE SENIORS

Do you live alone? Do you rely on public transportation to get around? Do you have special medical needs? If you answered yes to any of these questions, then you might be especially vulnerable after a major disaster. The Morgan Hill Senior Advisory Commission has developed a disaster registry as a means of providing assistance to vulnerable seniors in our community in the event of a major disaster. Your confidential information will be entered into a data base to be utilized only during an emergency. Contact the Senior Center at 782-1284 to help determine if you might be eligible for this program.

## VIAL OF LIFE

The Vial of Life program allows individuals to provide medical information in advance that can be used by emergency personnel. A vial, labeled with a Vial of Life sticker, contains a medical form listing the health status of the individual and current medications being taken. The vial is placed in the refrigerator and a sticker is placed on the outside of the refrigerator door so that responding emergency personnel will know to look for the vial. Obtain your free Vial of Life kit at the Centennial Recreation Senior Center.

## VOLUNTEER OPPORTUNITIES

Volunteers are our greatest resource. We have many volunteer positions available at the Senior Center and within the larger community. Visit the Senior Center for a listing of available opportunities.